



Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life

Crystal Paine

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Calling the super busy, the stressed out, the overtired. You know you're made for a more fulfilling life. With this audiobook, you'll know where to start.

You wake up tired. Your to-do list is too long. The commitments - and the laundry - are piling up, but your energy keeps dwindling. You feel like you're simply making it through the days, not living or enjoying any part of them. In *Say Goodbye to Survival Mode*, you'll find both practical ideas and big-picture perspective that will inspire you to live life on purpose. As a wife, mother of three, and founder of the wildly successful blog MoneySavingMom.com, Crystal Paine has walked the road from barely surviving to living with intention. With the warmth and candor of a dear friend, she shares what she's learned along the way, helping you:

- feel healthier and more energetic by setting priorities and boundaries
- eliminate stress with savvy management of your time, money, and home
- get more done by setting realistic goals and embracing discipline
- rediscover your passions - and the confidence to pursue them

Packed with straightforward solutions you'll use today and inspirational stories you'll remember for years, *Say Goodbye to Survival Mode* is a must for any woman who's ever longed for the freedom to enjoy life, not just survive it.

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Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite guide and reading a guide. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life. Try to the actual book Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life as your buddy. It means that it can to become your friend when you experience alone and beside that of course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know every little thing by the book. So , let's make new experience as well as knowledge with this book.

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Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life can be one of your nice books that are good idea. We recommend that straight away because this publication has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into satisfaction arrangement in writing Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life although doesn't forget the main position, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one among it. This great information can certainly drawn you into brand new stage of crucial considering.

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